DOCUMENT RESUME

ED 346 997 PS 020 685

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TITLE Nutrition and the Pregnant Teen.
INSTITUTION Spoon River Coll., Canton, Ill.
PUB DATE 88
NOTE 32p.; For a related document, see PS 020 686.
Sponsored by grant from the Illinois Nutrition Education & Training Program.
PUB TYPE Guides - Non-Classroom Use (055)

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS *Adolescents; *Early Parenthood; Eating Habits; Food; *Mothers; *Nutrition; *Pregnancy; *Pregnant Students
IDENTIFIERS Fast Foods; *Fetal Development; Menu Planning; Minerals (Nutrition); Vitamins

ABSTRACT

This illustrated guide for pregnant teenagers discusses the nutritional needs of the mother and her unborn child in a month-by-month format. The information presented for each of the 9 months typically includes a sample daily menu; a checklist of recommended servings per day for each of four food groups; a description of the usual emotional and physical reactions of the mother during the month; and a description of the fetus's development during the month. Discussion throughout the guide concerns such topics as: (1) sources of iron; (2) sources of, and needs for, calcium; (3) snacks; (4) needs related to calories; (5) functions of, sources of, and needs for vitamins A and C; and (6) fast foods. A list of 10 references is provided. (BC)

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Nutrition and the Pregnant Teen

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Nutrition and the Pregnant Teen

made possible through a
grant from the
Illinois Nutrition Education
& Training Program

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Foreward

On the following pages, you will learn about the nutritional needs of a pregnant teenager and her unborn child. The unborn child will be giving you menu ideas, nutritional information and some tips on how to make eating habits healthier for both you and your baby.

For each month of pregnancy you will find a section which contains ways of helping you to do the best nutritionally for both you and your baby.

You may read all nine months or pick the months that are of interest to you.

Month One

Nutritional Ideas For You and Your Baby

Each day we should have some of each of the following food groups:

Food Check List

Food Group	Servings per Day
Calcium Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their juices	• • • • or more
Grains & grain products	• • • • or more

What's Happening To You

The magic of your pregnancy has begun. Though still tiny, by the end of the month, I will be 10,000 times larger than at conception.

You are totally unaware of all that is happening inside your uterus, but other signs may alert you that something exciting is beginning. Your breasts may feel full and tender. Don't be concerned if you're a little queasy in the morning. Although it's commonly called morning sickness, nausea can occur anytime of the day and is normal. You've already begun to feed me!

Here's How I'm Developing

My heart, brain, spinal cord, and digestive tract are beginning to form. Before the month is over, my heart will be beating.

My arms and legs are starting to develop.

What you eat is important to both of us. By choosing a variety of foods you can be sure of getting the nutrients you and I need.

My size and weight will depend on what you ate before you got pregnant. Eating right means eating several times during the day. It means eating several different kinds of foods each time. Eating right helps you feel well. Your good eating will help me develop properly.

Be sure to eat some of the following each day:

Milk: You need to drink at least five glasses of milk every day. Milk is a good source of calcium which helps bones and teeth grow. You can eat milk products like cheese, yogurt and cottage cheese. Foods made from milk include pudding, soups, sauces, milk shakes, macaroni and cheese.

Meats, Poultry & Fish: You need three servings of protein like meat, beef, pork, lamb, chicken or fish. Eggs or dry beans and peas also contain protein. A serving of protein is two (2) ounces. Another source of protein is peanut butter. Fat meats should be trimmed of excess fat. Protein foods help make up every part of my body. It is building material for your body as well as mine. We need protein for growth, repair and replacement of cells. Protein is important for my skin, hair, brain and muscles. It is also important to you, Mom, for recovery after delivery.

Fruits & Vegetables: You need four servings, if not more, of fruits and vegetables daily. A serving is half of a cup. Good sources to try for fruits are citrus such as oranges, strawberries, grapefruits, tomatoes and watermelon. For vegetables try dark green leafy vegetables like spinach and broccoli. Also try carrots, pumpkin, squash and sweet potatoes. Have cooked and raw fruits and vegetables for variety. Fruits and Vegetables will provide us with vitamins A and C as well as fiber. Vitamin A will be helpful for growth and vision. Vitamin C will be helpful in forming healthy teeth and blood vessels. It is necessary for me to develop healthy skin and bones.

Breads & Cereals: You need four or more servings a day of breads and cereals. A serving is one slice of bread, 1/2 cup of rice or noodles or 3/4 ounce of cereals. Breads and cereals will give you carbohydrates for energy. They also supply iron, B-Vitamins, fiber and trace minerals. Whole grains like "whole wheat" are high in fiber. Look for "enriched" breads and cereals when making your choices.

month 1

Month Two

Nutritional Ideas For You and Your Baby

Our Menu:

Breakfast: Orange juice, ready to eat cereal with sliced banana, milk, toast with margarine or butter

Snack: Glass of milk, peanuts

Lunch: Cheeseburger with bun, coleslaw, milk

Snack: Vegetable sticks with cottage cheese dip

Dinner: Tuna-noodle casserole, lettuce and tomato salad, roll with margarine, apple pie, milk

Snack: Orange

Food Check List

Food Group	Servings per day
Calcium—Rich Foods and Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their juices	• • • • (or more)
Grain & Grain Products	• • • • (or more)

What's Happening To You This Month

You may feel constantly tired. Take regular rest periods and relax. Eight hours of sleep at night and naps are good for you.

Your breasts are enlarging and you may urinate frequently. As I continue to grow, the uterus will expand and rise upward, relieving this pressure.

You may have feelings about your pregnancy—positive and negative. Talk about them.

Here's How I'm Developing

My backbone is forming—five to eight vertebrae, the nervous system and spinal cord are forming and my heart beat is visible.

My hands and legs are shaped like paddles. My head is much larger than my body. I can now bend my arms at the elbow. My feet are developing.

My sex organs are forming and I am now an inch to an inch and a quarter long.

A group of my cells create the placenta. The placenta connects me to your bloodstream. So, Mom, be careful what you eat and drink!

Mom's Food Reminder

What foods did you eat today? A food reminder can help you keep up with food you have eaten. It can remind you of other foods you have eaten. It can also remind you of other foods you need to eat.

When you eat ice cream, put a circle by milk foods like this:

Milk & Milk Foods ① 1 1 1

When you have milk again today, put a circle by milk and milk foods again like this:

Milk & Milk Foods ① ① 1 1

The number of ones by each food tells you how many helpings you need every day.

Try this method with each food group. Can you circle all the numbers today?

KINDS OF FOODS I NEED	SERVINGS
FOOD GROUP	PREGNANT TEEN
PROTEIN FOODS (MEAT)	1 1 1
MILK AND MILK PRODUCTS	1 1 1 1 1 1
BREADS AND CEREALS	1 1 1 1
VITAMIN C RICH FRUITS AND VEGETABLES	1 1
OTHER FRUITS AND VEGETABLES	1 1

month 2

Month Three

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Orange juice, bran flakes with peaches, milk

Snack: Peanut butter and jelly on whole wheat toast, glass of milk, pear

Lunch: Glass of vegetable juice, egg salad on lettuce, two slices of pumpernickel bread, tomato slices

Snack: Cup of yogurt, carrot sticks, glass of water or other beverage

Dinner: Chicken, carrot-raisin-apple salad, whole baked potato, green peas, glass of apple juice

Snack: Crackers with cheese, glass of milk, dried apricots

Food Check List

Food Group	Servings per day
Calcium-Rich Foods & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

I'm active at this stage, moving and wiggling within you. Some moms say it feels like fluttering butterflies in their stomach.

Remember to take the prenatal vitamin and mineral supplement our doctor gave you. You especially need the iron.

You may have to urinate more often (and sometimes without much warning)! Your body doesn't look much different at this point.

Here's How I'm Developing

My body is growing rapidly in proportion to my head. I look more "normal" now. My arms and legs are longer now and my toes are formed. My sex can be distinguished. Am I a boy or a girl?

My eyes are beginning to close. My nerve and muscle tissue are growing very rapidly. I can open and close my mouth and even suck and swallow now. I am three inches long and weigh about one ounce.

Do you get enough iron, Mom? Did you know that you need to eat iron rich foods to build my red blood cells so I will have a supply for the first six months of my life?

Food Sources of Iron

These Foods are BEST Sources of Iron:

- Meats, poultry and fish (especially liver and liver-wurst)
- Dried Beans (Pinto, Kidney, Navy or Lima)
- Green Leafy Vegetables (Spinach & Greens)
- Dried Fruits (Prunes, Dates and Raisins)
- Prune Juice
- Iron-fortified Breakfast Cereals
- Molasses

These Foods are GOOD Sources of Iron:

- Eggs
- Whole Grain or enriched breads and cereals
- Broccoli
- Brussels Sprouts
- Sweet Potato
- Tomato Juice
- Watermelon

If Iron-rich foods are consumed along with foods containing Vitamin C such as orange juice or tomatoes, the rate of iron absorption will be almost doubled. Vitamin C helps change iron into its most usable form. Your prenatal supplement contains Vitamin C too. That helps boost the power of iron absorption.

month 3

Month Four

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Grapefruit juice, two scrambled eggs, muffin with margarine, milk

Snack: Yogurt

Lunch: Pizza with cheese and meat, vegetable salad, milk

Snack: Ice cream & cone

Dinner: Baked fish, rice, spinach, milk, biscuit with margarine

Snack: Apple

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their Juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

You will need some clothes that fit both of us as we're getting bigger.

Buy comfortable clothes. They should be loose fitting. Since your breasts are getting bigger, you will need a bra that fits well. The straps should not cut into your shoulders. Tight fitting clothes, especially slacks, slow down the flow of blood from your heart to your legs and feet.

Your total weight gain up to now will average eight to twelve pounds.

Here's How I'm Developing

My bones are forming and calcium is being deposited in them. My bones will not be firm and hard until later.

Hair is growing on my skin and it's a fine downy feel. There may even be hair on my head too.

Do you know that I sometimes suck on my thumb? This gets me ready to eat after I am born. I will know how to suck on your breast or on a bottle.

I am curled up inside you, but if I would stretch out, I would be about 8 to 10 inches long, about as long as your hand.

Calcium: How Much Do We Need?

Five to six servings of calcium rich foods are recommended each day for a pregnant teen.

One serving of calcium equals:

- One cup (8 oz) of milk
- One to two ounces of cheese
- One half cup of seafood
- One to two cups of green leafy vegetables
- One to two cups of dried peas or beans

Dairy foods are a major source of calcium. Foods providing calcium equal to one cup of milk are:

- 1 1/2 ounces of cheddar cheese
- 1 cup of pudding
- 1 3/4 cups of ice cream

If you add nonfat dry milk to the foods you eat such as breads and casseroles, you can increase your intake of calcium.

If you don't drink milk, here are some other ideas that can fulfill your calcium needs:

- ice cream
- cheese pizza
- macaroni and cheese
- milk gravy
- milk and cheese soups

Mom, we need lots of calcium for our bones and teeth. My teeth are beginning to develop even though you will not see them until after I am born.

If you do not get enough calcium for your needs and mine during your pregnancy you risk weakening of your bones.

If enough calcium is not supplied in our diet, it will be drawn from the large supplies from your bones. You won't even know it.

This loss of calcium may lead to osteoporosis in later years.

Cavities are more likely to develop if you do not get enough calcium. Please see your dentist for proper dental care during your pregnancy.

month 4

Month Five

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: 3/4 cup of milk, 1 cup raisin bran, 1 medium orange

Snack: 1 medium apple, 1/4 cup peanut butter

Lunch: 1 cup milk, pizza, 1 fruit juice bar

Snack: Vanilla milk shake, cheeseburger

Dinner: 1 cup milk, 2 pieces of fried chicken, 1 baked potato, 1/2 cup of peas and carrots, 1 slice wheat bread with 1 pat of butter

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their Juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

You know I'm here now! You are aware of my growth as the abdomen stretches. Your uterus (womb) has enlarged up to your navel. You are also aware how much the uterus has lifted from your pelvic area. This allows you to feel more comfortable and agile. Daily application of moisturizing lotion, gently massaged onto your stomach will ease dryness, stretch marks and help keep your skin pliable as I grow.

Ask the doctor if you can listen to my heartbeat!

I am very active now. You can feel me moving, kicking and turning.

Here's How I'm Developing

I weigh about one pound now and I'm almost one foot long.

Although my eyelids are still sealed shut, I now have eyelashes. My fingernails are beginning to grow. My legs are lengthening. My body is covered with a fine hair that usually disappears before birth.

I am very active now. My arms and legs need exercise just like yours.

I sleep and wake like a newborn baby does.

SNACKS

Mom, do you eat between meals? I hope you do. Eating helps you feel less hungry and tired. What you eat between meals is as important as what you eat at mealtimes.

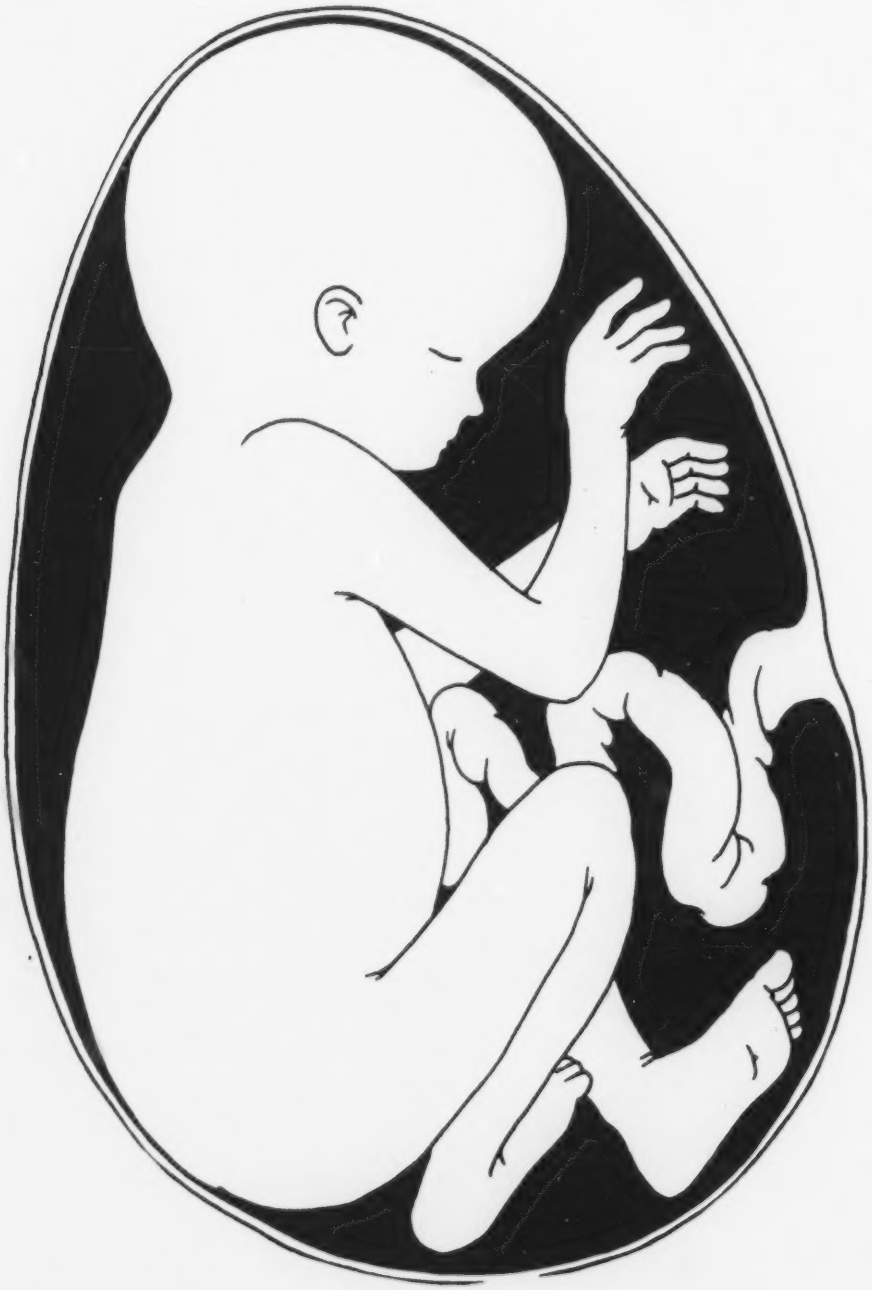
If you have trouble eating all your food at mealtime, you may save part of it for a snack later.

Nutritious snacks can include fresh fruit, raw vegetables, juices, milk, cheese, yogurt, peanut butter, and cottage cheese.

Choose your snacks so they will give us maximum benefit. Peanut butter and crackers, dips with raw carrots or cauliflower, milk shakes, pizza, celery stuffed with cheese, tacos and peanuts are good choices to snack on.

Mom, I've added snacks to our menu ideas—please remember it's good to have healthy snacks in the morning, at noon and at night! So when you're watching TV, partying or spending time with friends, it's O.K. to snack—just remember which snacks will help our growth.

month 5



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Month Six

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Orange, scrambled eggs, biscuit or muffin, milk

Snack: Milk and Peanuts

Lunch: Cheeseburger on bun, coleslaw, milk shake

Snack: Watermelon

Dinner: Tuna noodle casserole, peas, lettuce salad, roll, apple pie, milk

Snack: Fruit juice, taco

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

You can really feel me now, especially when I kick my foot into your ribs.

As your hormone levels increase with pregnancy you may notice a tendency to develop brown and dark spots on your skin, such as your face, nipples, or abdomen. The sun may increase this color change, so you may want to limit the amount of time you spend in the sun.

During the last trimester of pregnancy you may notice some swelling of your legs and ankles. This is normal. It takes the form of "puffy ankles." Put your feet up frequently. Sleep on your left side; try a pillow under your abdomen.

Here's How I'm Developing

I am completely formed now. I even have eyelashes and eyebrows. I have gained one pound this month. I'm about 14 inches long. I look proportioned now.

My nostrils are open, my ears are fully developed, and my eyebrows have begun to grow. I can hear the sound of your heartbeat and it is comforting.

Calories... Calories... Calories...

You use energy to keep your body working—to make your heart beat, to breathe, to run, dance, play, study, sleep and grow. Energy comes from the food you eat. Calorie is another word for energy. The number of calories you need each day depends on your age, height, weight, activities and health.

When you are pregnant, you need about 300 more calories each day than you needed before you became pregnant. You can get these extra calories by eating larger amounts of some of the foods you eat often. For example, one extra glass of milk and an extra sandwich each day will give you the extra calories you need.

The wrong kind of calories will not give you the proper vitamins and nutrients we need, however. Avoid these high calorie foods which have little or no nutritional value:

- All beverages containing alcohol
- High sugar and fat foods
- Pastries, candy, rich desserts
- Soft drinks, non fruit drinks
- Fried foods

Your weight should be gained slowly, throughout pregnancy. During the first three months, only two to four pounds are usually gained. Then for the next six months, just under one pound a week is usually gained. This would mean that the weight gained after each month would be about:

4th month — 6 pounds
5th month — 10 pounds
6th month — 14 pounds
7th month — 18 pounds
8th month — 22 pounds
9th month — 26 pounds total weight gained through pregnancy.

month 6

Month Seven

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Fruit, cereal with milk, two slices of toast, milk

Snack: Crackers and juice

Lunch: Chicken, roll, green beans, peaches, milk

Snack: Peanut butter, graham crackers

Dinner: Fish, rice, bread, lima beans, milk, apple pie

Snack: Pizza and fruit juice

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their Juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

In the last months before I am born you may have some uncomfortable moments. Your uterus is becoming large and feels hard when you touch it. You are getting larger and feel awkward at times. Your navel may be pushed out—that's normal. It'll go back. Your back and legs may ache. These are all due to the large size of the uterus. Muscle cramps in the legs are frequent, especially at night and when you are tired.

Here's How I'm Developing

Are you getting anxious for me to be born? I'll bet you are. Do you wonder who I'll look like? I'm not quite ready to be born yet. I weigh about 3 pounds now and I am 15 inches long.

My nervous system is now well developed. It controls my breathing and body temperature. At this time I am developing special immunities for protection against disease.

My lungs are still developing. I need to grow more and get stronger too. I'll love staying here about two more months.

Vitamins A and C for You and Me

What functions do Vitamin C provide in our bodies? It helps to form bones and teeth and healthy skin and tissue.

It aids in wound healing and guarding our bodies against infections. You may see Vitamin C also called Ascorbic Acid. A real important reason for Vitamin C during pregnancy is that it increases absorption of iron from food. Your body does not store Vitamin C so we need to eat foods with Vitamin C every day.

Foods High in Vitamin C

Broccoli
Brussel Sprouts
Cabbage
Cantaloupe
Cauliflower
Grapefruit & Its Juice
Greens—Turnip & Mustard
Orange & Its Juice
Peppers—Green & Red
Pineapple & Its Juice
Spinach
Strawberries
Tomato & Its Juice
Watermelon

What functions do Vitamin A provide for our bodies? It helps to provide for normal growth, healthy skin and tissues, mucus membranes and proper bone development. We need Vitamin A for good vision especially in dim light and near darkness.

Vitamin A is stored by your body in the liver. During pregnancy you need a good source of Vitamin A in your diet every day.

Foods High in Vitamin A

Apricots
Cantaloupe
Greens—Turnip & Mustard
Peppers—Green & Red
Pumpkin
Sweet Potato
Winter Squash
Broccoli
Carrots
Whole Milk
Peaches
Spinach
Tomato & Its Juice

month 7

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Month Eight

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Two eggs and two slices of toast, juice and milk.

Snack: Graham Crackers & milk

Lunch: Pizza, lettuce salad, milk

Snack: Cheese and crackers

Dinner: Meatloaf, corn, mixed fruit jello, milk, vanilla pudding

Snack: Frozen Yogurt

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their Juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

Are you getting tired of waiting? It won't be long now! I'll soon be in your arms instead of in your body.

Your weight gain is increasing rapidly. It is not unusual to gain as much as a pound a week from this point on. DO NOT CUT DOWN ON YOUR FOOD INTAKE.

Soon I will settle into your pelvis to be ready for birth. This is called "lightening." Your breathing now will be easier and you will experience less indigestion from the pressure of me on your stomach.

Until lightening happens, you can overcome the pressure by eating smaller and lighter meals more frequently.

Here's How I'm Developing

Do I seem big to you now? I am continuing to gain weight and add fat. I now weigh about four pounds and am 16 inches long.

My skin is smooth and fully developed. The bones of my fingers and toes are hard. My teeth are developing.

My eyes are now open and my lungs and stomach are ready to work. I still need to grow another month.

I love to turn from side to side.

I will settle into a head-down position, preparing for delivery.

Food On The Run

Fast food is a part of a teenager's diet. Fast food menus seldom offer a range of foods adequate to meet all our needs. Without fresh fruits and vegetables, fast foods often lack vitamins A, C, Folacin and fiber. Fast foods tend to be high in fat, sodium and calories.

However, these tips may help balance out your nutritional needs when eating on the run:

- Eat your burgers without special sauces that contribute unnecessary fats and calories.
- Add lettuce, tomato and cheese to your burger.
- Drink milk instead of soft drinks, tea or coffee. If milk is not available, the second best choice is a shake, fruit juice, lemonade or water.
- Eat large pieces of fried fish or chicken rather than small ones (nuggets) which have more batter and retain more frying fat.
- Accompany your burger with a salad or coleslaw.
- Skip gravy on mashed potatoes.
- Go with the original style chicken; extra crispy is also extra calories.

Look at what you eat at a fast food restaurant as part of the total daily intake and make adjustments at other meals. It may be the day for a bran muffin with breakfast and a large salad at lunch. Try to avoid more than one fried food in the same meal—do not have both fried chicken and fried potatoes.

When eating fast food, don't neglect protein. Protein is necessary for growth, repairing and replacing cells, maintaining normal body function and for your recovery after delivery.

You will need protein for the normal growth of your uterus, breasts, placenta and making blood cells.

I need protein too. My skin and hair are made from protein. My muscles and brain are made from protein also.

Protein can be obtained from meat, fish, poultry, pork, eggs, cheese, tofu, and dried beans.

month 8

Month Nine

Nutritional Ideas For You and Your Baby

Our Menu

Breakfast: Banana, cereal with milk, toast and juice

Snack: Peanut butter and crackers

Lunch: Toasted Cheese Sandwich on whole wheat bread, carrot and celery sticks, fresh fruit salad, milk

Snack: Oatmeal cookie and milk

Dinner: Spaghetti with meat sauce, spinach salad, whole wheat roll, apple

Snack: Strawberries with ice cream

Food Check List

Food Group	Servings per day
Calcium-Rich Food & Beverages	• • •
Protein-Rich Foods	• • •
Fruits, Vegetables & their Juices	• • • • (or more)
Grains & Grain Products	• • • • (or more)

What's Happening To You This Month

The last few weeks of your pregnancy may seem endless. But remember, I will appear when it's time. Keep up with good health habits—eat right (especially protein for my brain), get enough exercise and sleep and keep your appointments with your doctor.

Although we say a baby takes nine months to develop, there is no sure way of knowing exactly when I will be born. Some babies arrive when expected. Some come sooner and some come later. Most babies are born sometime between two weeks before and two weeks after the due date.

Here's How I'm Developing

This month is my "finishing" time. I am growing fast now. I am about 20 inches long and weigh 6 to 7 pounds. I have gained almost half my total weight in this month alone.

The brain in my head is growing fast! More than half of my brain grows during this month. The protein foods you eat help my brain grow.

I am beginning to produce special proteins called "antibodies" that protect me from dangerous germs in the world.

Did You Know?

Good nutritional habits are important factors in my healthy development. I'm depending on you.

Proper nutrition during pregnancy is important for your development as well as mine.

It's important for you to know that improved nutrition during your pregnancy will have a positive effect in my size and weight.

You and I are an inseparable pair. When you take good care of yourself, you take good care of me too.

Breakfast is as important for me as it is to you. My growth is continuous and requires a constant supply of nutrients provided both through the meals you eat and from your reserves.

I'm continuously drawing calcium from your body to develop bones and teeth. That is why you need to choose calcium-rich foods and beverages each day.

No single food, processed or unprocessed, supplies all the nutrients you need. So the most sensible way to get these nutrients is by eating a wide variety of food in moderation from each of the basic four food groups: dairy, protein, vegetable & fruit and whole grain.

month 9

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